

**Free upcoming Lunch'n Learn**  
**Nourishing the Mind and Body: Affordable Nutrition Approaches for Diabetes and Depression**  
**Tuesday, July 8, 2025, 12:00-1:00 pm**  
**Register now!**

The MCO Diabetes and Depression Performance Improvement Collaborative will focus on improving care for people with co-occurring diabetes and depression in Minnesota MSHO (Seniors) and SNBC populations. There will be a focus on closing the gaps in health care disparities within our populations. Care Coordinators and other providers have an essential role in educating, supporting, and assisting members in setting and achieving health goals to improve their health outcomes when both diabetes and depression are present.

Thank you for attending previous webinars sponsored by our PIP Collaborative. This series of webinars is planned for health care providers, nurses, public health professionals, health educators, social workers, therapists, Community Health Workers, and others who support individuals with diabetes and depression to benefit from the lessons learned.

**We hope you will join us for this upcoming webinar on July 8, 2025**

**Topic:** Diabetes and depression are both conditions that can have a serious impact on the person with either of the conditions. When someone has both, the struggles can be amplified. There are many issues to consider when both diseases are present, and care coordinators, social workers, counselors, and other caregivers can play a vital role in helping to manage both conditions. This webinar can deepen your understanding of the link between mental health and nutrition while building skills in practical food selection to best support your patients. Participants will receive an overview of applicable and affordable nutrition strategies for supporting clients with both conditions.

**Presenter: Lauren Plunkett, RDN, LD, CDCES**

Lauren is a registered dietitian and certified diabetes care & education specialist with over 31 years of personal experience living with type 1 diabetes. Her professional experience encompasses pediatric endocrinology, performance nutrition, and diabetes health coaching, with expertise in Continuous Glucose Monitoring. In addition to her private practice, she serves as a writer, public speaker, and indoor cycling instructor and has authored the award-winning book *Type One Determination*. A cornerstone of Lauren's outspoken work is educating individuals on the benefits of plant-based nutrition for preventing and improving chronic conditions. She is also one of the hosts of *The Green Glow Lifestyle Podcast*. You can learn more about working with her at [www.lpnutritionconsulting.com](http://www.lpnutritionconsulting.com)

**Objectives:**

- Understand the relationship and opportunities between diabetes, depression, and nutrition.
- Identify how your role supports people living with diabetes who have health goals and nutrition challenges.
- Learn practical, affordable nutrition strategies to support mental and physical health in clients coping with both conditions.

**[Click here for the registration link.](#)**



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